

ONE-PLATE-MEAL

Hamburger Mediterraneo

Ingredients for 6 rolls

- 150 g. 00 flour - 150 g. Manitoba flour
- 4 g. dry yeast - 1 teaspoon sugar
- 125 ml. warm water - 62 ml. plain yogurt/kefir at room temperature
 - 50 ml. vegetable oil - 10 g. sugar - 1/2 teaspoon salt
- 1 egg yolk for brushing - sesame seeds or pumpkin seeds for decorating

For the filling:

- 6 Heifer Burgers
- 1 Eggplant - 250g Burrata
- 30 Datterini Tomatoes - Basil, salt, pepper, oil

Preparation

- 1 - Combine the flours, yeast, and sugar in a bowl and mix well.
- 2 - In another bowl, combine the warm water, yogurt/kefir, oil, sugar, and salt, and mix well with a fork.
- 3 - Gradually incorporate the dry ingredients; first with a fork, then transfer the dough to a work surface and continue kneading for a long time to develop the gluten and obtain soft, fluffy rolls.
- 4 - Once the dough is soft and elastic, place it in a bowl, cover with plastic wrap, and let it rise for two hours, or until doubled in size.
- 5 - Divide the dough into 6 pieces, each weighing about 100 grams. Shape each portion into a round loaf, then place them on a baking sheet lined with parchment paper, spaced well apart, and let rise for another 20 minutes.
- 6- Brush them with a little egg yolk and sprinkle with sesame/pumpkin seeds.
- 7- Bake the rolls in a preheated conventional oven at 180°C or in a fan-assisted oven at 170°C for about 25 minutes. Let them cool before filling them.

Line a baking sheet with parchment paper: arrange the eggplant slices and cherry tomatoes halfway up; season with oil and salt. Bake in a convection oven at 200°C (400°F) for 30 minutes. To cook the burgers, divide the bun in half: place the eggplant on the bottom, then the burger, burrata, cherry tomatoes, and basil leaves, and season with a drizzle of oil and pepper.